

gAyatrI hrudaya stotram

bhagavan devadevesha bhUtabhavya jagatprabho |
kavacham cha shrutam divyam gAyatrI mantra vigraham ||1||

adhunA shrotumicChAmi gAyatrIhrudayam param |
yaddhAraNAd-bhavet-puNyam gAyatrIjapato akhilam ||2||

shrI nArAyaNa uvAcha

devyAshcha hrudayam proktam nAradAtharvaNe sphuTam |
tadevAham pravakshyAmi rahasyAti-rahasyakam ||3||

virADrUpAm mahAdevIm gAyatrIm vedamAtaram |
dhyAtvA tasyAst-vathAmgeshu dhyAyedetAshcha devatah ||4||

pinDa-brahmAnDayoraikyAd-bhAvayet-svanou tathA |
devIrUpe niJe dehe tanmayatvAya sAdhakah ||5||

nAdevo abhyarcha-yeddevamiti vedavido viduh |
tato abhedAya kAye sve bhAvayed-devata imAh ||6||

atha tatsampravakshyAmi tanmayatvamayo bhavet |
gAyatrIhrudayasyA-syApyahameva rushih smrutah ||7||

gAyatrIcChanda uddishTam devata parameshvarI |
pUrvoktena prakAreNa kuryAdamgAni paT kramAt ||
Asane vijane deshe dhyAyed-ekAgra-mAnasah ||8||

athArtha-nyAsah || dyourmUrdhni daivatam ||
dantapanktAvashvinou || ubhe sandhye choshThou ||
mukhamagnih || jihvA sarasvatI || grIvAyAm tu bruhaspatih
|| stanayorvasavo ashTou || bAhnormarutah || hrudaye
parjanya ||
AkAshamudaram || nAbhAvantariksham || kaTyorindrAgnI ||
jaghane vigyAnadhanah prajApatih || kailAsamalaye Uru ||
vishvedevA jAnvoh || janghAyAm koushikah || guhyamayane ||
Uru pitarah || pAdou pruthivI || vanaspatayongulIshu ||
rushayo romANi || nakhAni muhUrtAni || asthishu grahAh ||
asrunmAmsamrutavah || samvatsarA vai nimisham || ahorAtrA-
vAdityash-chandramAh || pravarAm divyAm gAyatrIm
sahasranetrAm sharaNamaham prapadye || om

tatsaviturvareNyAya namah || om tatpUrvAjayAya namah ||
tatprAtar-AdityAya namah || tatprAtar-Aditya-pratishThAyai
namah ||

prAtaradhIyAno rAtrikrutam pApam nAshayati || sAyamadhIyAno
divasakrutam pApam nAshayati || sAyamprAtaradhIyAnah apApo
bhavati || sarva-tIrtheshu snAtO bhavati || sarvair-
devairgyAtO bhavati || avAchya-vachanAt-pUto bhavati ||
abhakshya-bhakshaNAt-pUto bhavati || abhojya-bhojanAt-pUto
bhavati || achoshya-choshaNAt-pUto bhavati || asAdhya-
sAdhanAt-pUto bhavati || dushpatigraha-shatasahasrAt-pUto
bhavati || sarva-pratigrahAt-pUto bhavati || pamnkti-
dUshaNAt-pUto bhavati || amruta-vachanAt-pUto bhavati ||
athAbrahmachArI brahmachArI bhavati || anena
hrudayenAdhItena kratu-sahasreNeshTam bhavati || shashTi-
shatasahasra-gAyatryA japyAni phalAni bhavanti || ashTou
brAhmaNAn-samyaggrAhayet || tasya siddhirbhavati || ya idam
nityamadhIyAno brAhmaNah prAtah shuchih sarvapApaih
pramuchyatra iti || brahmaloke mahIyate || ityAha bhagavAn
shrInArAyaNah ||

iti shrIdevIbhAgavate mahApurANe dvAdasha-skandhe
gAyatrIhrudayam nAma chaturtho adhyAyah ||